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## Asthma & Emphysema

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Anyone with asthma, bronchitis, emphysema or other chronic lung conditions need to ensure their lungs are bronchi are receiving uninterrupted nerve communication from their spines. Chiropractic is a healing art dedicated to keeping the nerve passages in the body open and unobstructed. This will help the entire body, including the lungs, bronchi and other structures of the respiratory system, heal and function at its best.



### When You Breathe...

“Raw” air is too cold, dry and dirty for you to use immediately. That’s why you filter, warm, cleanse and humidify air in your nose and nasal cavities before it enters your trachea or “windpipe”. Your trachea is a tube in your throat surrounded by 15 to 20 stiff rings of cartilage so that it never closes (and suffocates you). If you place your fingers under your Adam’s apple you can feel the rings.

Your trachea separates into the left and right bronchi that enter the lungs, where they divide over and over to form tiny branches. The tiniest ones are bronchioles and these actually touch the lungs. Here oxygen enters your blood and carbon dioxide and water vapor leave it. The bronchi and bronchioles must remain fully open and clear at all times. That does not happen to those suffering from bronchial asthma.

### Asthmatic Attack

During an asthmatic “attack” the bronchioles become swollen, go into spasm and fill with mucous. Asthmatics struggle for every breath, literally gasping and wheezing for life during an attack. In some, the wheezing, gasping and struggling go on continuously and long-time sufferers may develop a barrel chest. Attacks may be triggered by allergic reactions, emotional stress, physical exertion or irritants like cigarette smoke. In the most dangerous form of asthma, status asthmaticus, the attacks last for days and can result in death. Asthma was rarely a fatal disease; medical folk-wisdom held that no child ever died of asthma. Today asthma kills about 5,000 a year. It is the most common chronic condition in children. Childhood vaccination is increasingly implicated as the reason asthma is increasing.

### **Bronchitis And Emphysema**

In bronchitis there is increased mucous in the trachea and bronchial tubes. It's sometimes called "smoker's cough" because cigarette smoking is the most common cause. Bronchitis is rare in non-smokers but it is sometimes seen among the children of smokers. Emphysema is usually associated with long-term smoking—many bronchioles are blocked and the lung itself is destroyed. With less lung tissue the blood gets less oxygen, causing high blood pressure and heart trouble. People with chronic emphysema can suffer for years from severe "air hunger" (hypoxia) causing lethargy, muscle weakness, impairment of mental function and, in severe cases, a slow death.

### **The Standard Medical Approach**

Medicine offers no cure for asthma, bronchitis or emphysema. Patients are told to avoid physical or emotional irritants and given temporary relief with cortisone, inhaled corticosteroids or bronchodilators that prevent or reduce swelling inside the bronchi. These drugs may cause severe side effects including addiction. Heavy use of a common asthma drug has been linked to a greater risk of dying from the disease.

### **The Chiropractic Approach**

For over a hundred years sufferers of all types of respiratory conditions have sung the praises of chiropractic care. Typical among case histories is that of an 8-year-old diagnosed with asthma at age five who was using Beclovent and Albyterol 1-3 times per day. After eight chiropractic adjustments over a period of 2 ½ weeks, the child had stopped inhaler use, could run without gasping and was free of asthmatic attacks without medication.

A 34-month-old boy with asthma and enuresis (bed-wetting) who had not responded to medical care had more than 20 emergency hospital visits for asthma attacks in the past 12 months. Three chiropractic adjustments were administered. At a two-year follow-up the mother reported no recurrence of asthma or enuresis.

### **Research Studies**

In a study of 81 children, 73 showed significant improvement after chiropractic; 25 of them voluntarily decreased their medication by an average of 66.5% and 24 had significantly decreased attacks by an average of 44.9%.

Lung Volume has been reported to increase after chiropractic adjustments and one study of 185 men and 87 women showed improved respiratory function after spinal care. In another study of patients with chronic pulmonary disease, a classification that includes those with bronchitis and emphysema, over 90% reported improvement of symptoms after spinal care. Researchers have found spinal care superior to conventional medical bronchodilators, expectorants and corticosteroids.

As one famous researcher wrote: "In asthma the mechanical factor (spinal subluxation) may be so important that until the mechanics are put right the symptoms will persist."

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